



From armchair adventures to hiking and biking, there's plenty of healthy fun to be had this summer

Talk: The French Way - Camino Francés, May 12

If you're keen to take on a section of the Camino Way, this talk on the French Way is for you. The Camino Francés is the most famous of all the Camino de Santiago routes, featuring in many documentaries, books and movies such as 'The Way'. Camino Ways will host a talk from 7pm at 53 Degrees North, Blanchardstown on the subject. While the talk is free places are limited. caminoways.com; register at marketing@caminoways.com



The Camino Francés route: a talk on May 12 in Blanchardstown

Swim For A Mile Challenge

Swim For A Mile Challenge, May 18-22

Returning for the second year, Swim Ireland's challenge invites members of the public to compete to swim a mile at various events in pools around the country. In the run-up to the big weekend, participants can avail of a free training programme, support and advice to help them achieve the challenge. There are also free coaching clinics taking place nationwide. swimforamile.com



Tipi Surf Adventure, May 22-24

Surf all day and relax around the fire with great food and live music in the evening. This weekend two nights B&B in a comfy tipi tent, two surf lessons (or other activities) and a camp dinner with music on Saturday. A bus will take participants from Dublin. €220 pps. turfnurftours.com



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Wild Atlantic Challenge Cycle, 13 June

This 100km charity cycle will start and finish in Sneem, Co Kerry. It follows a stunning route that takes in Kenmare, Kilmackilloge and Lauragh. The cycle kicks off at 10am from Sneem Hotel, and is an ideal practice cycle for the Ring of Kerry Cycle in July. It's in aid of Breakthrough Cancer Research.

Register at louismoriarty@sneemhotel.com

Please send details and images of your events to editor@outsider.ie